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senior spotlight

Twizzlers key to speed

by Justin Bellian

Iman Glanton has been a star of the Benedictine track team for four years. He has been a part of several Regional Qualifying and Indoor State qualifying relay teams, including the 4x400-meter, the 4x200-meter and the 4x100-meter relays

He is also a talented hurdler in the 300-meter, 110-meter, and the 60-meter, his best event being the 110meter, where his personal record is 14.84s.

His best track memories are of going to the Indoor state meet for the 60-meter hurdles last year and qualifying for the Junior Olympics in the 110-meter hurdles during summer track after his sophomore year.

Glanton has a special routine. "Before every meet I ice my legs the night before, listen to music and I eat chocolate and Twizzlers. I gotta have the Twizzlers."

Besides his pre-meet rituals and practice, he also attributes his success to his hurdling coach and uncle.

A track-star as well, Iman's uncle was a state champion in high school who ran track at Arizona State University and almost qualified for the Olympics.

Iman plans to con-

tinue his track career in college at Garden City Community College, where he plans to study journalism, thanks to his English class with Mr. Reeser.

Besides track he also played safety on the football team this year.

His other favorite activities include listening to music and eating.

